

THE COMMITTEE OF ENVIRONMENTAL SERVICES AND SOCIETY DEVELOPMENT

Faculty of Physical Therapy
Heliopolis University for Sustainable
Development



13 Villages Project



Occupational Health and Safety



Different Work Stations at Sekem and HU

- 1- Farm Work Station
- 2- Office Work Station
- 3- Driving Work Station
- 4- Sewing Work Station



Work Station in Farm

Farm work is hard work, and farm workers feel the results. Farm workers get backaches and pains in the shoulders, arms, and hands more than any other health problem. A third of the injuries that cause them to miss work are sprains and strains, and a quarter are back injuries. These are also the most common causes of disability.



Work Station in Farm



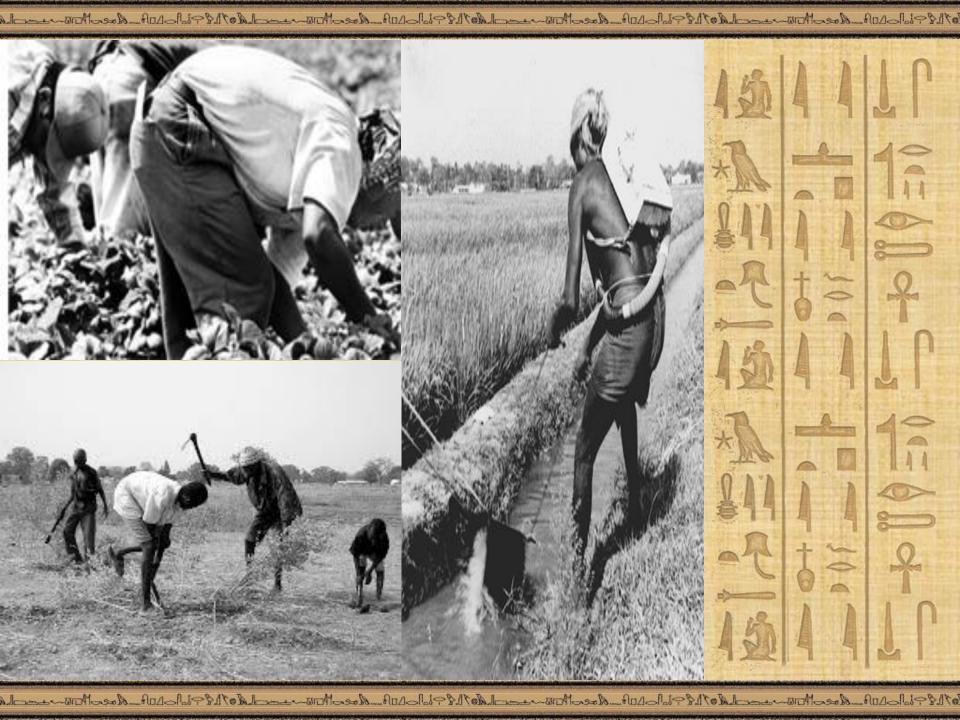


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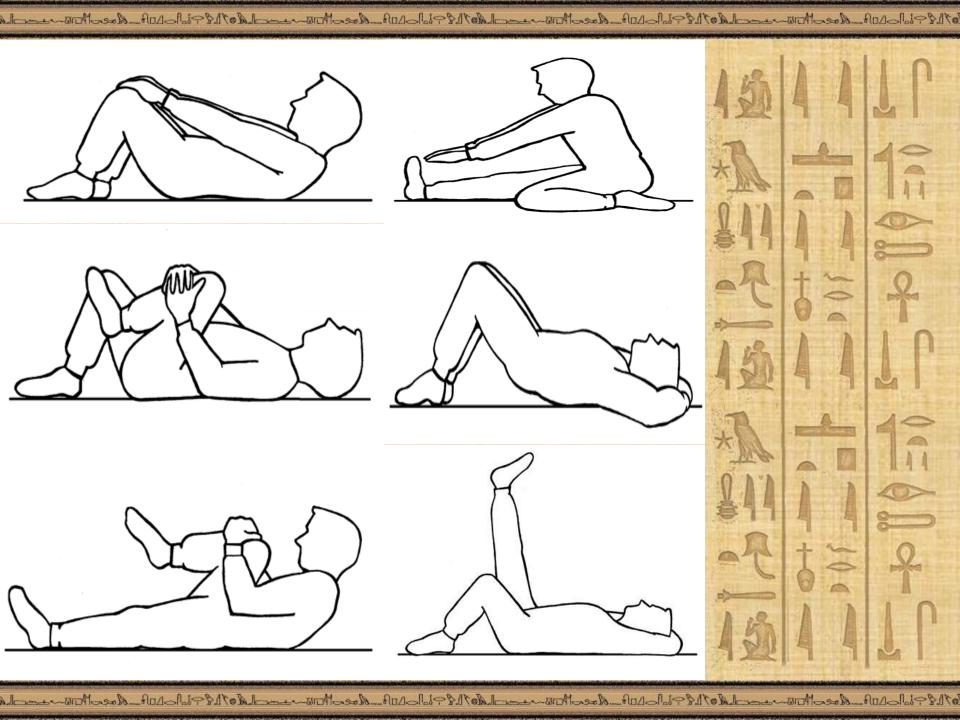
Back and Joints Pain

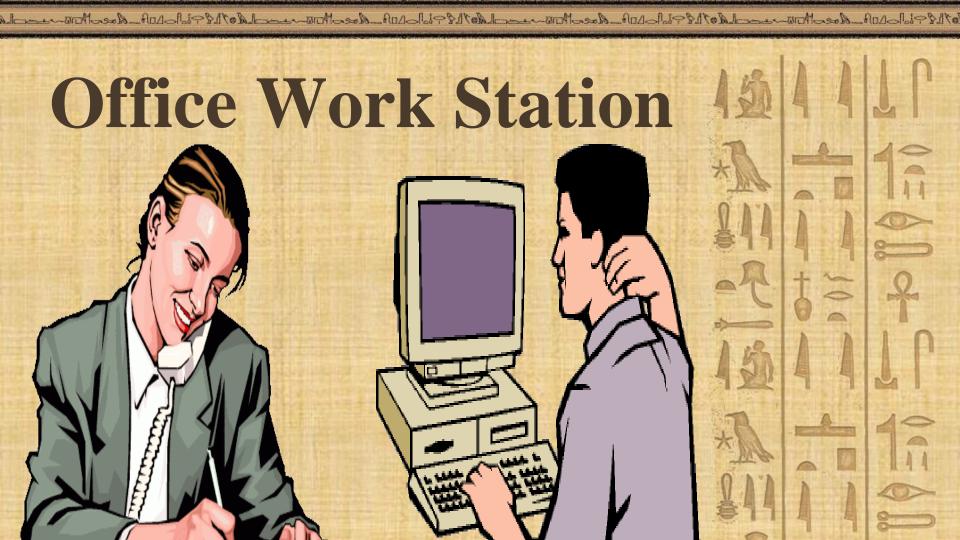
· Among farmers, this condition may occur because the joints are overstressed by lifting heavy weights and/or repetitive loading, or due to improper posture.

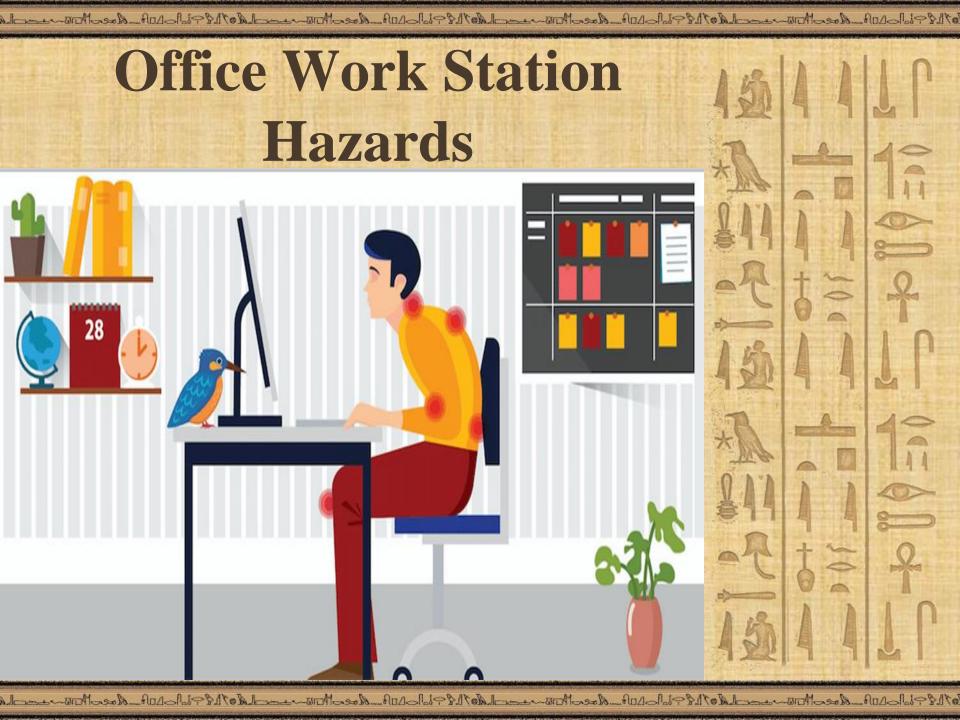








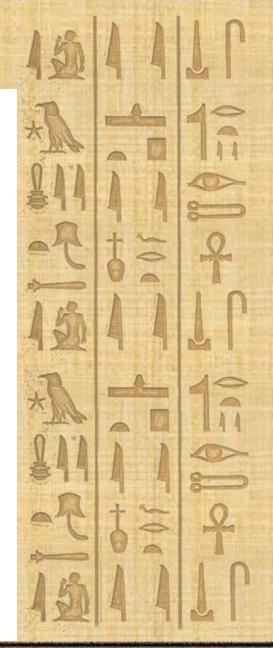


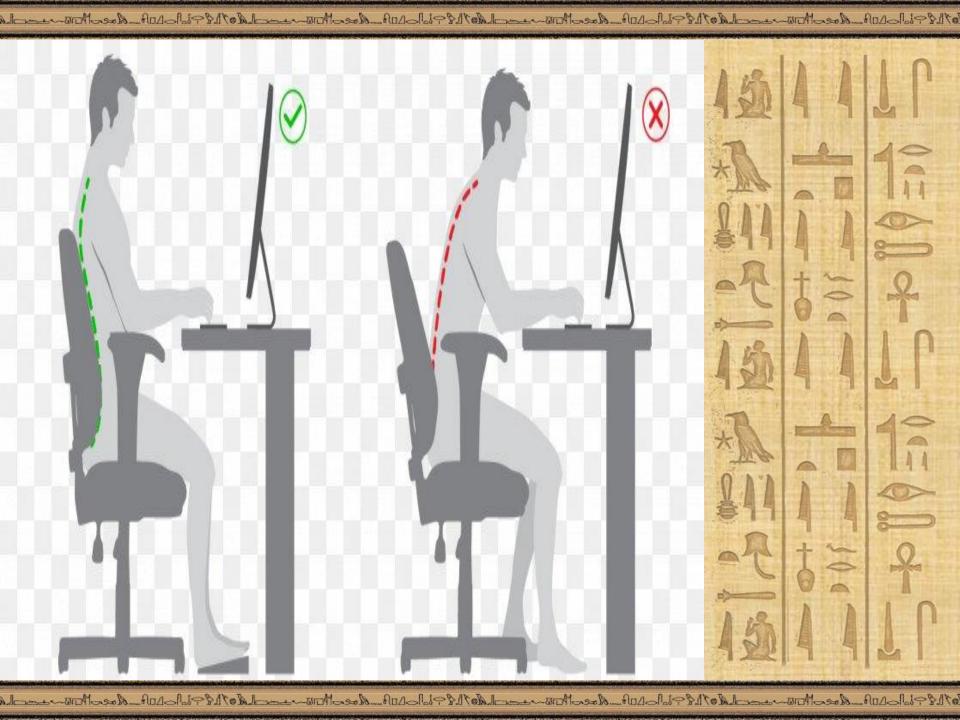


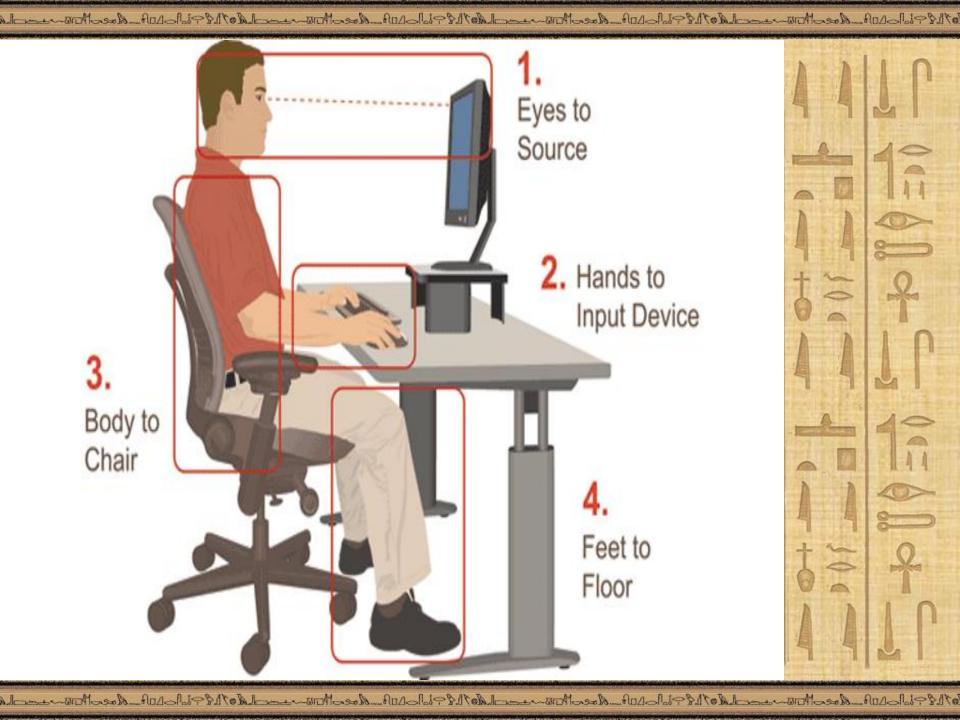
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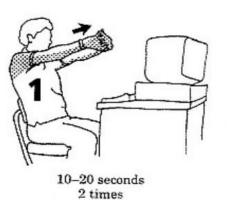
How to overcome this?

















8-10 seconds each side

15-20 seconds

Hand Stretch





Triceps Stretch



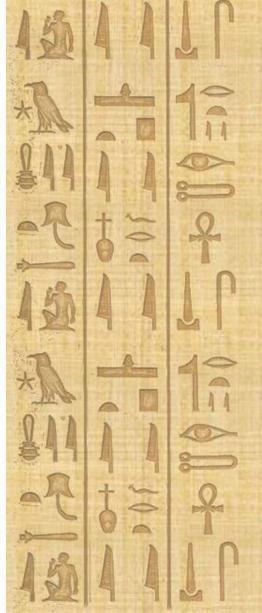




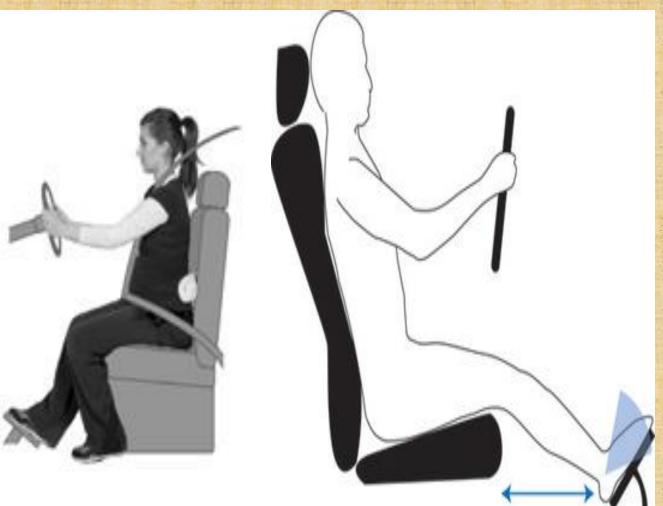
Wrist Flexion & Extension



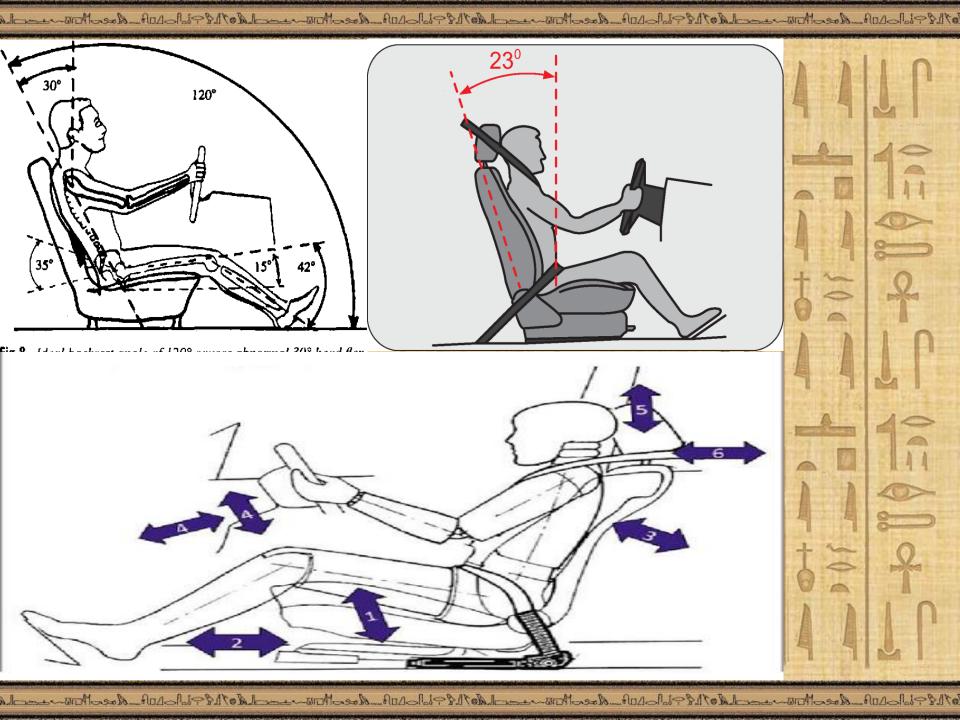
chest stretch



Driving Work Station









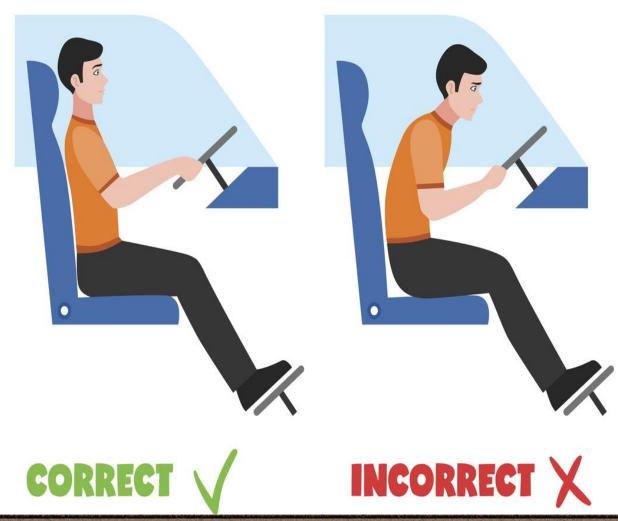
Correct posture

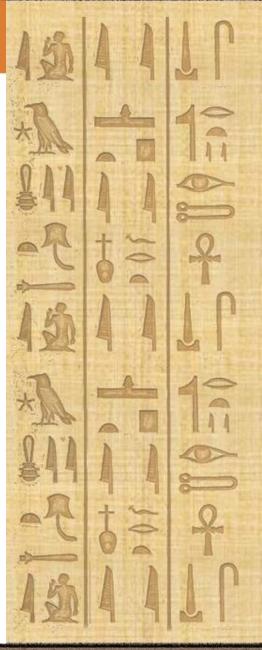
Bad posture

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Sewing Work Station 44



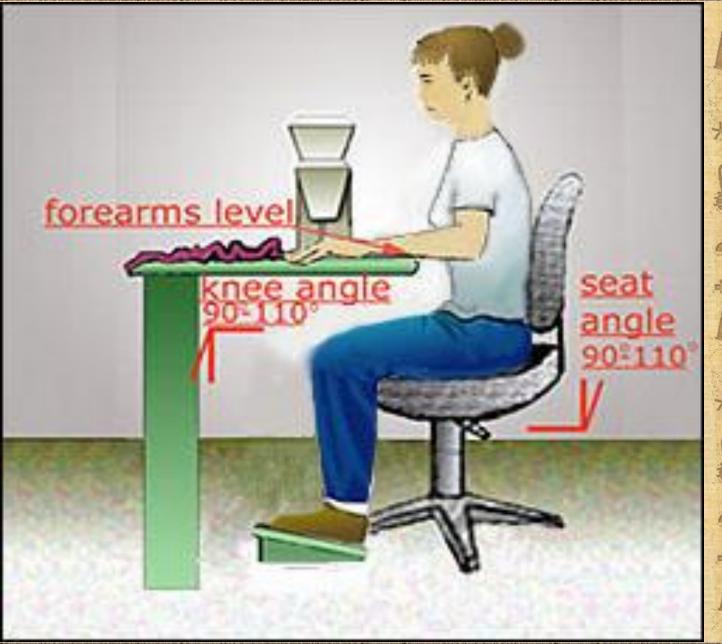




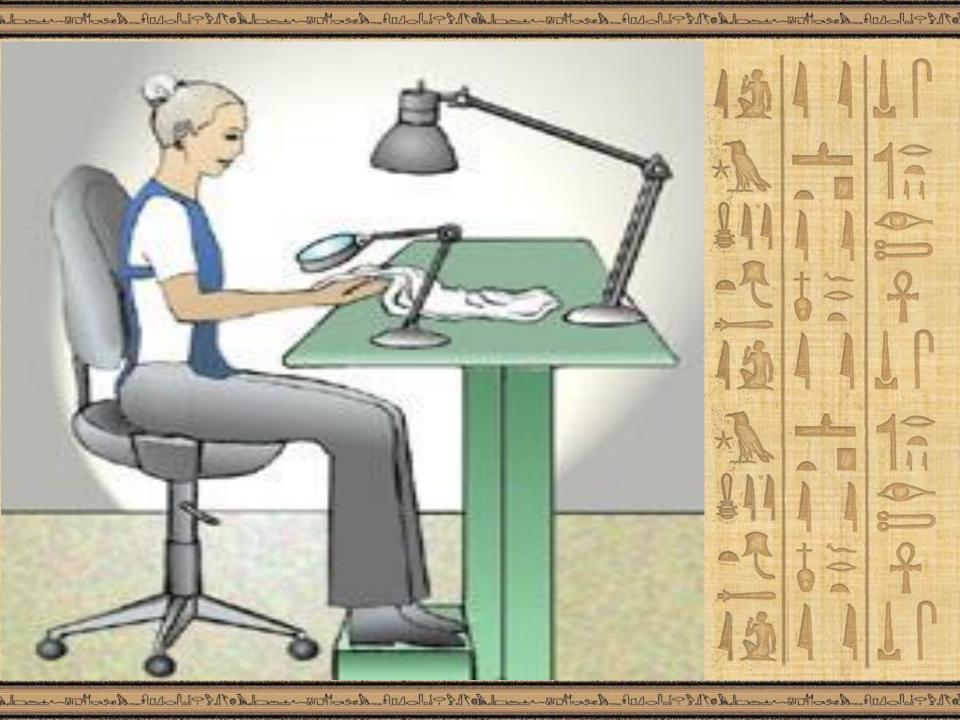


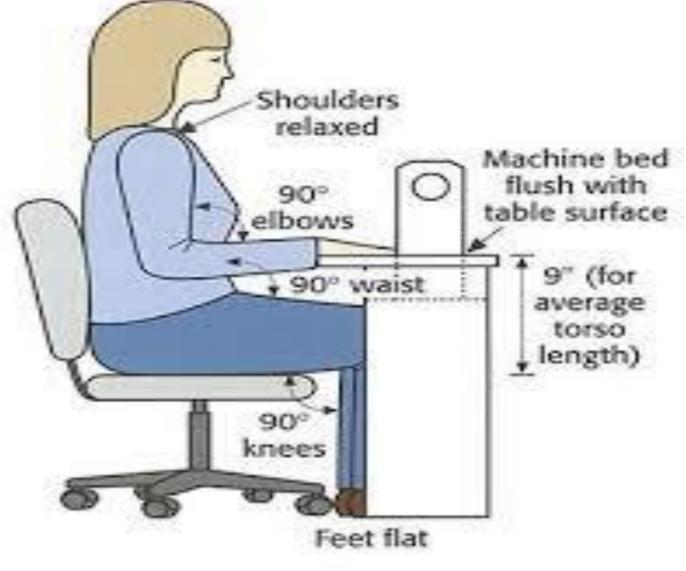


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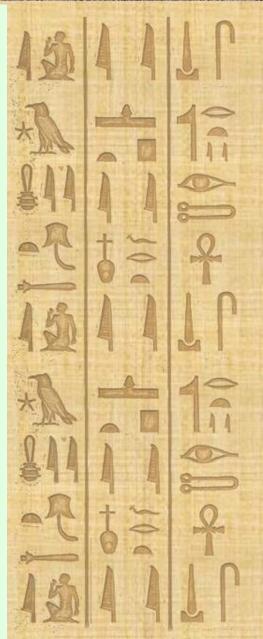




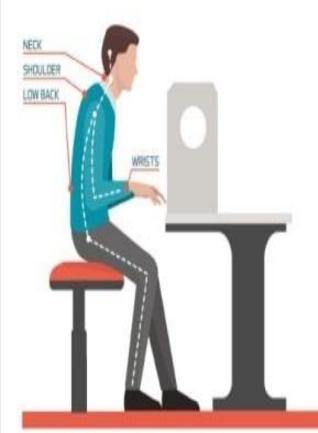
Ergonomics of machine sewing

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WRONG SITTING POSTURE



CORRECT SITTING POSITION

